



U6 Kinder Week 2 - Dribbling (Animal)

Category: Technical: Dribbling and RWB
Difficulty: Beginner

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Individual-Adult Member

Description

Dribbling - Kinder week 2 - Animals

Activity 1 - Snakes

Organization

15 x 20 grid all players are dribbling a soccer ball with the exception of at least 2 players. The 2 players without the ball hold hands and create a snake. the snake must work together to catch the dribbling players. no snake should be bigger than 4 players.

Coaching Points

1. Dribbling Players should keep the ball close to them. Small touches
2. Can the dribbling players look up and see 1. where is the snake and 2. find the space



Activity 2 - British Bulldog

Organization

15 x 20 grid with a zone in the center approx. 5 yards wide. in the middle of the grid(The dog pound) is the Bulldog. the dribblers will try and evade the bulldogs while attempting to reach the otherside. Place the players on 1 side of the grid and no ore than 3 Bulldogs in the center, on the coaches command they can start to dribble, the bulldogs can not leave the Dog pound!

Coaching Points

1. Dribblers, can we look for where this no Bulldogs and attack that space?
2. If the Bulldog comes to us can we dribble passed the Bulldog?



Game 3v3

Organization

15 x 20 grid 3v3 No Goalkeepers.

Out of Bounds - Side Line

If the ball goes out of bounds on the side line - call RED LIGHT, place the ball on the side line and call YELLOW LIGHT which means the player can pass or dribble the ball back into the game.

Out of Bounds - End Line

If the ball goes out of bounds on the endline call RED LIGHT (send the opposing team to the middle of the field)

Kicking team places ball 1-2 yards in front of their goal and kick it to a teammate.

